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Claims:

An oral contraceptive composition comprising a compound of the formula:

wherein X is P or S:

R is C₄-C₂₄ alkyl, C₄-C₂₄ alkenyl, C₄-C₂₄ alkoxy,

 $\begin{array}{c} O \\ \parallel \\ R_2CO(CH_2)_n \end{array} \quad , \quad R_3(OCH_2CH_2)_mO - \quad or \quad \begin{array}{c} O \\ \parallel \\ R_3YCCH_2C - \\ R_4 \end{array}$

R₁ is H, C₁-C₄ alkyl, a pharmaceutically acceptable cation or

15 — C(CH₂), CH₂ wherein L is 4 to 24;

R₅ is H, C₁-C₄ alkyl, phenyl or a pharmaceutically acceptable cation,

R2 is C4-C24 alkyl or C4-C24 alkoxy, n is 0 to 4;

R₃ is C₄-C₂₄ alkyl, m is 3 to 10;

R4 is H, C1-C4 alkyl or COOR6;

R₆ is H or C₁-C₁₃ alkyl; and

Y = O or NH and a pharmaceutically acceptable carrier suitable for oral delivery.

The composition of claim 1 wherein the composition is formulated as
 tablet or capsule.

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- 3. The composition of claim 1 wherein the composition is formulated as a gelcap or suspension.
- 4. The composition of claim 1 wherein the compound has the general
- formula

$$R - S - OR_1 \qquad ;$$

wherein R is C_4 - C_{24} alkyl, C_4 - C_{24} alkoxy, or

and Y is O.

5. The composition of claim 4 wherein

and L is 20.

The composition of claim 4 wherein R is 6.

R3 is C4-C24 alkyl; and

R₁ is a pharmaceutically acceptable cation.

- 7. The composition of claim 1 wherein the compound has the general
- 25 formula

wherein R is C4-C24 alkyl or C4-C24 alkoxy; and

 R_1 and R_5 are independently H or a pharmaceutically acceptable cation.

- 8. The composition of claim 7 wherein
- 5 R is C₄-C₂₄ alkoxy;

R₁ is H or a pharmaceutically acceptable cation; and

R, is H.

9. The contraceptive composition of claim 1 wherein the compound has

10 the general formula:

wherein X is P or S;

15 M is a cation; and

R is C₄-C₂₄ alkyl, C₄-C₂₄ alkenyl, C₄-C₂₄ alkoxy,

$$\begin{array}{ccc}
O & O & O \\
\parallel & & & O \\
R_3OCCH_2CH_2 & O & O & R_2CO(CH_2)_n & O
\end{array}$$

20 wherein n = 2, 3 or 4;

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 $R_2 = C_0 - C_{13}$ alkyl; and

$$R_2 = C_4 - C_{24}$$
 alkyl.

- 10. The composition of claim 9 wherein X is S.
- The composition of claim 9 wherein the composition is formulated as tablet or capsule.

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- The composition of claim 9 wherein the composition is formulated as a Gelcap or suspension.
 - 13. The composition of claim 10 wherein the cation is sodium.
- 14. A contraceptive transdermal patch or implant, wherein said patch or implant comprises a composition comprising a compound of the general formula:

$$\begin{matrix} O \\ \parallel \\ R-X-OR_1 \\ \parallel \\ O \end{matrix} \qquad or \qquad \begin{matrix} O \\ \parallel \\ R-X-OR_1 \\ \parallel \\ OR_5 \end{matrix}$$

wherein X is P or S:

R is C_4 - C_{24} alkyl, C_4 - C_{24} alkenyl, C_4 - C_{24} alkoxy,

R₁ is H, C₁-C₄ alkyl, a pharmaceutically acceptable cation

or

20 wherein L is 4 to 24;

R₅ is H, C₁-C₄ alkyl, phenyl or a pharmaceutically acceptable cation,

R2 is C4-C24 alkyl or C4-C24 alkoxy, n is 0 to 4;

R₃ is C₄-C₂₄ alkyl, m is 3 to 10;

R4 is H, C1-C4 alkyl or COOR6;

25 R₆ is C₁-C₁₃ alkyl; and

Y = O or NH.

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A method of inhibiting the capacitation of sperm cells, said method comprising the steps of contacting the sperm cells with a composition comprising a compound of the general formula:

$$\begin{array}{c} O \\ \parallel \\ R-X-OR_1 \\ \parallel \\ O \end{array} \qquad \begin{array}{c} O \\ \parallel \\ R-X-OR_1 \\ \parallel \\ O \\ OR_5 \end{array}$$

wherein X is P or S:

R is C₄-C₂₄ alkyl, C₄-C₂₄ alkenyl, C₄-C₂₄ alkoxy,

$$\begin{array}{c} O \\ \parallel \\ R_2 CO(CH_2)_n \end{array} , \quad R_3 (OCH_2 CH_2)_m O \qquad \text{or} \quad \begin{array}{c} O \\ \parallel \\ \parallel \\ R_3 YCCH_2 C \end{array}$$

R₁ is H, C₁-C₄ alkyl, a pharmaceutically acceptable cation or

wherein L is 4 to 24;

R₅ is H, C₁-C₄ alkyl, phenyl or a pharmaceutically acceptable cation,

R2 is C4-C24 alkyl or C4-C24 alkoxy, n is 0 to 4;

R₃ is C₄-C₂₄ alkyl, m is 3 to 10;

R4 is H, C1-C4 alkyl or COOR6;

Re is C1-C13 alkyl; and

Y = O or NH and a pharmaceutically acceptable carrier.

- 15. The method of claim 14 wherein the step of contacting the sperm cells25 with the compound occurs in vivo in the male.
 - 16. A method for inhibiting conception, comprising

administering to a male an effective amount of a pharmaceutically acceptable cationic salt of a compound of the general formula:

wherein X is P or S;

R is C₄-C₂₄ alkyl, C₄-C₂₄ alkenyl, C₄-C₂₄ alkoxy,

R₁ is H, C₁-C₄ alkyl, a pharmaceutically acceptable cation or

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wherein L is 4 to 24;

Rs is H, C1-C4 alkyl, phenyl or a pharmaceutically acceptable cation,

R2 is C4-C24 alkyl or C4-C24 alkoxy, n is 0 to 4;

R₃ is C₄-C₂₄ alkyl, m is 3 to 10;

R4 is H, C1-C4 alkyl or COOR6;

R₆ is C₁-C₁₃ alkyl;

Y = O or NH.

The method of claim 16 wherein the composition is administered
 orally in a daily dosage form.

18. The method of claim 16 wherein the composition is administered transdermally or subcutaneously to maintain constant systemic levels for an extended time period.